Rolled Oats and Peanut Butter Cookies

Be sure to post the amazing dishes you and your family make on social media using #NKHNC #GetCooking Bon Appetit!

Ingredients:
- 1 ripe banana
- ½ stick (4 Tablespoons) unsalted butter
- 1/3 cup granulated sugar
- ½ cup peanut butter
- 1/3 cup light brown sugar, packed
- 1 large egg
- ½ teaspoon vanilla extract
- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ¼ teaspoon baking soda
- 2/3 cup rolled oats

Directions:
1. Preheat oven to 375°F.
2. Mash the banana with a fork.
3. Cut butter in half. In a microwave-safe bowl, heat in microwave 10-15 seconds to soften. Be careful not to melt butter.
4. In a large bowl, use a mixing spoon to blend butter, banana, and sugar.
5. Add peanut butter and brown sugar. Continue mixing until completely combined.
6. Add egg and vanilla. Mix until smooth.
7. Add flours and baking soda. Mix until smooth.
8. Stir in rolled oats. If using chocolate chips or raisins, gently stir in now.
9. Scoop dough with a teaspoon. Shape into 1-inch balls. Place dough balls 2 inches apart on an ungreased baking sheet. Flatten dough balls by using a fork to make a criss-cross pattern on the cookies.
10. Bake on middle rack of oven until cookies are lightly browned on bottom, about 8-10 minutes. Remove from oven. Let sit 5 minutes to firm up.

What to Watch?
NOVA
NOVA brings you stories from the frontlines of science and engineering, answering the big questions of today and tomorrow, from how our ancestors lived, to whether parallel universes exist, to how technology will transform our lives! For a complete schedule of UNC TV at home learning programs, go here!

Created By: Tionna Ryan
MOVE YOUR BODY

During this time, it’s important to remain active! Being active gives you bursts of energy that last all day long. This week try going on a walk outside with your sister, dad, or even your dog! Six feet a part of course. Fresh air does wonders for the body and it gives you a break from being inside all day long!

Coping with Stress During Quarantine

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
  - Take deep breaths, stretch, or meditate.
  - Try to eat healthy, well-balanced meals.
  - Exercise regularly, get plenty of sleep.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Visit here for more info!

T.O.Y. (Teaching on Your ) Time

T.O.Y time provides exciting and engaging lessons for students of all ages focuses on topics such as the solar system to film making. Tune In to learn a new fact or skill! Be sure to check out this week’s featured videos below!

Motivational Quote of the Week

"It does not matter how slowly you go as long as you do not stop."

- Confucious

Acer has put together a handy comparison table that provides an overview of remote learning tools. The chart specifically compares Google Meet, Microsoft Teams and Zoom, for remote learning, and Facebook and YouTube for video conferencing. Click here!

Find Free, Healthy Meals for Kids During COVID-19 School Closures in NC

Text FOODNC to 877-877 to find pick up and drive-thru locations near you.

Use the Map at NoKidHungryNC.org to find pick up and drive-thru locations near you.

Find information on delivery meals by visiting ‘NoKidHungryNC.org/MealUpdates

Check with your local school district for the latest updates on its website or social media.